



Bitterroot National Forest

1801 N. 1st Street, Hamilton, MT 59840 (406) 363-7100

NEWS RELEASE

FOR IMMEDIATE RELEASE

Contact: Nan Christianson
Public Affairs Officer
(406) 363-7113, 531-1130

Hamilton, Montana, May 1, 2007 —



Be Active Bitterroot 2007-Your Passport to Fun and Fitness!

Are you looking for something *fun* to do *outdoors* with your *family* this summer? Check out these fun FREE activities offered through the Bitterroot National Forest's *Be Active Bitterroot – Your Passport to Fun and Fitness* program. Pick up a "passport" at any Bitterroot National Forest office to find out details about each activity and to get a stamp in your passport for activities you complete! You can also view activities by visiting the Bitterroot National Forest's website at <http://www.fs.fed.us/r1/bitterroot/> and clicking on the link for "Be Active Bitterroot." If you participate in one activity per month for four out of the eight program months, you will receive a water bottle or fanny pack!

The Bitterroot National Forest's Be Active Bitterroot Program encourages Bitterroot Valley residents to participate in outdoor recreation and volunteer activities that will reconnect them to their natural and physical heritage, ensuring that a love of the American outdoors and an active lifestyle is passed on from one generation to the next. In 2007, our program has established partnerships with 36 federal, state, county, and city agencies, non-profit community organizations and commercial businesses. Our partners have created a variety of opportunities, such as hiking, biking, and bird watching, for citizens to experience from May through December. Below is a list of the activities offered May through August.

May 12th

Active Kids Active Parents Activities Fair

10:00-2:00 PM . Contact: Paula Wood, Kids First, 375-9588

May 12th

Weeds to Wildflower Walk

1:00-3:00 PM. Contact: Bryce Christiaens, Ravalli County Weed District, 239-0108

May 19th

Slate Creek Campground Restoration Project

10:00-4:00 PM. Contact: Janeen Hetzler, Bitterroot RC&D, 381-2951

June 5

Birds and Pines Walk

7:00 – 9:00 PM. Contact: Sherry Ritter, Bitterroot Audubon Society, 777-7409

June 14

Day Hike to St. Mary's Peak

9:00 AM. Contact: B.E.A.R. Teen Outdoor Program, 375-9110



- June 23** **3rd Annual Adventure Biothon,**
8:00 AM. Contact: Amy Maxwell, 777-1048 , or Lee Metcalf NWR Visitor Center, 777-5552
- June 23** **Darby Run for the Trail - 5k and Half Marathon**
Time to be announced. Contact: Ron Fannin, Darby Discovery Trail Committee, 821-3234
- June 30** **Monthly Moonwalk - 4-H Moon**
8:00-9:30 PM at Lake Como. Contact: Julie Schreck, Bitterroot National Forest, 375-2606
- July 2** **Day Hike to Sweathouse Falls**
11:00 AM. Contact: Jim French, Canyons Athletic Club, 363-1555
- July 14** **2nd Annual Bitterroot Floating Weed Pull**
12:30pm - 5:00pm. Contact: Lindsey Bona, Ravalli County Weed District, 777-5842
- July 16** **Nelson Lake Hike and Fish**
10:00 AM. Contact: Jim French, Canyons Athletic Club, 363-1555
- July 20** **St. Mary's Peak Alpine Wildflower Hike**
8:30 AM. Contact: Linda Pietarinen, Bitterroot National Forest, 363-7172
- July 30** **Monthly Moonwalk - Fort Owen State Park Moon**
8:00-9:30 PM. Contact: Julie Schreck, Bitterroot National Forest, 375-2606
- July 31** **Castle Rock Day Hike**
11:00 AM. Contact: Jim French, Canyons Athletic Club, 363-1555
- August 13** **Lake Como Loop Mountain Bike Ride**
1:00 PM. Contact: Jim French, Canyons Athletic Club, 363-1555
- August 18** **Peterson Lake Hike**
8:30 AM to 4:30 PM. Contact: Tim Nielsen, Valley Physical Therapy, 777-3523 or 273-6605
- August 28** **Monthly Moonwalk - Arabian Horse Moon**



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